

# LAMMERMUIR



**COMMUNITY  
FOOD INITIATIVE**

# LARDER

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 Lammermuirlarder

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Haddington & Lammermuir  
Area Partnership

# **STRUGGLING**

**To feed yourself or your family ?**

**If so, contact the Lammermuir Larder for support.**

**The Lammermuir Larder is a volunteer group serving Haddington and the outlying areas by providing food support.**

The Larder is non-judgemental, with no complicated forms to fill in. The support offered is totally confidential. You can be referred by your support worker, housing officer, health visitor, GP or you can self-refer (up to three times, then we will ask for a professional referral). All we ask is that you are not being supported by any other food support agency. An initial referral form is completed by the professional or for a self-referral, this can be completed by email or by one of the Larder Volunteer Co-ordinators during the initial telephone conversation.

We will then send you a "Larder List" which is a list of the food and other products that we can supply so you can choose what you need. You will be given a week's supply of essential foods to help feed you and your family. We include fresh fruit and vegetables when we can. Subject to funding, meat vouchers are included in first requests for food assistance. The food is delivered to you at your home, you need to be at home to receive the order. All deliveries are in the morning and we will let you know the time slot for the Larder delivery. If you stay in Haddington, and would prefer to come in to the Larder and chose what you would like, this can be arranged on a Tuesday or a Thursday morning by phoning the contact number.

We are all volunteers and we are here to help so please get in touch. We can also provide advice that may help, by signposting agencies to assist with benefit queries and debt advice.

You can support the larder by dropping off non-perishable donations at any of our donation stations (listed on our FaceBook page) or you can make a monetary donation directly into our bank account (details can be obtained by contacting the larder either by telephone or email). We always need strong carriers bags and bags for life, these can be handed into the larder on a Monday, Wednesday or Friday morning.

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